



Seattle City Light

Cookin' with Kilowatts



Cookbook  
2017

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# Cookin' with Kilowatts Contest

Seattle City Light challenged all home cooks, foodies or anyone who just cares about the environment to submit a favorite recipe using a cleaner, greener more energy efficient cooking method than a traditional oven or stovetop.

This cookbook is full of amazing recipes that did just that: made great food while using less energy and saving money.

Thank you to our 2017 partners!



## Typical appliance costs

APPLIANCE	TEMPERATURE	TIME	ENERGY	COST*
Electric oven	350° F	1 hour	2.0 kWh	25¢
Toaster oven	425° F	50 minutes	.95 kWh	12¢
Crockpot	200° F	7 hours	.7 kWh	9¢
Microwave oven	High setting	15 minutes	.36 kWh	5¢
Instant Pot®	High setting	15 minutes	.36 kWh	5¢
Solar oven	350° F	1 hour	0 kWh	Free

Source: Consumer Guide to Home Energy Savings  
\*Assumes 12.5¢/kWh



★ ★ ★ ★  
★ FIRST PLACE ★

# Chicken Tortilla Soup

Meilee F.  
Burien



“One pot to sauté and cook, plus using less dishes, equals saving energy in dish washing!”

Sauté onion, garlic and aromatics in pressure cooker.

Add chicken and brown.

Place dry beans and remaining ingredients into electric pressure cooker.

Season with salt and pepper to taste.

Garnish with tortilla chips, cilantro and lime.

Cook 20 minutes manual high pressure or use soup feature and natural release at end of cooking.



20 minutes  
in a pressure cooker

- 1 tbsp olive oil
- 1 medium onion, chopped
- 2 garlic cloves, minced
- 4 tsp cumin
- 2 tsp chili powder
- 1 tsp salt
- Pepper, to taste
- 1 chicken breast, chopped
- 1 C rinsed and picked over dried beans (black, kidney, white)
- 2 tsp chili powder
- 1 tsp each ground cumin, chipotle powder, smoked paprika
- 2 tsp garlic powder
- 1/2 tsp ground cayenne pepper
- Pinch epazote
- 1 C chopped bell pepper
- 1 4oz can diced green chiles
- 1 14oz can fire roasted tomatoes
- 1 C frozen roasted corn
- 3 to 4 C chicken broth
- Cilantro
- Tortilla chips
- Lime



## SECOND PLACE

# Sweet & Smoky Pork Tacos

Alicia E.  
Seattle

*For marinade:*

*3/4 C soy sauce*

*1/3 C (packed) brown sugar*

*1/3 C cider or red wine vinegar*

*1/4 tsp ground cinnamon*

*1/4 tsp ground cardamom*

*2.5-3 lbs pork roast, trimmed and  
cut into 1-inch chunks*

*1 tbsp canola oil*

*1 medium onion, finely chopped*

*4 oz can of diced green chilies*

*2 C your choice salsa*

*1/2 C (packed) brown sugar*

*1/2 C water*

*1 tsp ground cumin*

*2 tsp garlic powder*

*1 tsp oregano*

*1/4 tsp smoked paprika*

*1 tsp liquid smoke*

*Juice of 2 limes*

“I’ve tried a few “sweet pork” recipes but wasn’t very impressed with most of them. Thinking about all the different flavors I wanted and their relationship to each other was fun.”

Mix marinade ingredients in a gallon bag, add pork chunks.

Marinate for 1 hour or overnight.

Discard marinade.

Turn the pot to sauté feature, add oil.

Brown pork chunks.

Add the rest of the ingredients, stir.

Close pot, set high psi for 30 minutes.

Serve with corn tortillas, salsa, limes and cilantro.



30 minutes  
in an Instant Pot®



GIFT CARD WINNER

## Beef Dip Sandwiches

Caitlin H.  
Seattle



Place roast in Instant Pot® .

Cover top of roast with garlic and rosemary.

Pour in soy sauce and water, add bay leaves.

Close steam release, set on high pressure for 35-40 minutes, then follow instructions for quick release of pressure.

Shred beef with two forks.

Toast sandwich rolls.

Serve beef on sandwich rolls with cheese slices.

On side, serve a cup of the liquid to dip the sandwich in.

3-4 lbs beef chuck roast  
1-2 tbsp minced garlic  
1 tbsp dried rosemary (or 2 fresh sprigs, destemmed and chopped)  
3 bay leaves  
1 cup low sodium soy sauce  
6 cups water  
6 sandwich rolls  
6 slices provolone cheese



35-40 minutes  
in an Instant Pot®



#### GIFT CARD WINNER

## Pulled Pork

Jennifer G.  
Seattle

*2.5 lb pork tenderloin*  
*2 tsp red wine vinegar*  
*2 tsp hickory liquid smoke*  
*1 tsp garlic powder*  
*1 tsp sea salt*  
*2 C BBQ sauce*  
*Hamburger buns*  
*Pickles*

Place pork in the crockpot and season with salt, vinegar, garlic powder and liquid smoke.

Cover and set to high 6 hours.

Remove pork and transfer onto a large bowl.

Leave the liquid in the crockpot.

Shred the pork with two forks (pulling out any large fatty chunks).

Add the liquid until it reaches the desired moistness.

Stir in BBQ sauce.

Serve on toasted hamburger buns with pickles and extra BBQ sauce!



6 hours  
in a crockpot



GIFT CARD WINNER

## Skye Bars (and a latte to boot!)

Barbara K.  
Lake Forest Park

“Utilize an espresso maker’s steam as an energy source (and then you get a glorious latte to boot) to heat the milk.”

Line 8" x 8" baking dish with plastic wrap, and spray with pan spray.

Mix the nuts and dried fruit, set aside.

Heat milk by loading espresso maker with coffee and allowing steam to build.

Steam milk until very warm (this step is doable with crockpot or microwave).

Quickly add 3/4 C of the hot milk to the honey and nut butter, and stir until well blended.

If using an espresso maker for this step, stop and pour yourself a latte with the freshly brewed coffee and warm milk.

Mix wet with dry ingredients, stirring to coat well, adding more cereal/nuts as needed until mixture is stiff.

While still warm (but not hot), add chips (if using), not letting the chips melt.

Place in baking dish, and press firmly.

Put in fridge for 3 hours. Cut and enjoy.



5 minutes  
in an espresso maker



*Pan spray*

*2-2 1/2 C rolled oats*

*1 1/2 C chopped almonds and walnuts mixture*

*1 C raisins*

*1 C nut butter (any)*

*1 C milk (any)*

*3/4 C honey  
(or agave/maple syrup)*

*1/2 C chocolate chips (optional)*



GIFT CARD WINNER



## Sunny Couscous Veggie Frittata



Linda S.  
Shoreline

*1/8 C dry couscous  
(whole wheat, dry, uncooked)*

*1 small grated carrot*

*4 sliced mushrooms*

*1/4 C chopped onion or  
green onions*

*1/4 C chopped red pepper*

*1 garlic clove, minced*

*1/8 C rice milk*

*4 organic eggs*

*Spices as desired: salt, black  
pepper, dash of smoked paprika,  
cayenne, basil, garlic, powdered  
onion, dash turmeric for  
golden color*

*8 small plum tomatoes, halved*

*Parsley or cilantro*

*3/4 C shredded medium  
cheddar cheese*

*1/8 C parmesan cheese*

“It is amazing that you can cook food with very simple materials like cardboard and aluminum foil, with the free clean energy of the sun! It is a lovely experience.”

Oil glass pie dish, and sprinkle dry couscous in the bottom.

Arrange all vegetables in pie dish.

Place eggs in bowl and beat slightly.

Add rice milk with spices and mix.

Pour mixture over vegetables.

Place 8 halved small plum tomatoes on top of frittata filling and sprinkle with cheese and some parsley or cilantro.

Placing the glass dish inside a clear oven bag is helpful to retain heat. Set this on top of another glass dish (or black dish) so the heat reflects onto the bottom of your dish.

To maximize heat, lift the cooking pot enclosed by the bag off the bottom of the cooker by placing it on a low, clear glass bowl or stiff wire ring, to allow light to reflect onto the bottom of the pot.



2 hours  
in a solar oven at 250°

## Traditional Light Spanish Gazpacho

Lucia S.  
Seattle



“This is a Spanish summer staple which requires no heating elements, easy to make will last quite a few days.”

Rinse tomatoes, cut in 3-4 pieces each.

Peel the onion and chop into 5-6 pieces.

Peel the cucumber, cut in half.

Place all ingredients in the food processor or blender.

Once creamy, pour it in a jar and let it chill in your fridge.

- 5 lbs ripe tomatoes (you might
- need to let them ripen for a few
- days at room temperature)
- 1 cucumber
- 1 medium to large sized white or
- sweet onion
- Salt
- Olive oil
- Vinegar (I use white vinegar, but
- you can play around with different
- types)



A minute or two in  
a food processor or blender

# Easy Summer Bruschetta

Lyndsey V.  
Seattle

*2 large cloves garlic (depending on  
your flavor preference)*  
*1 bunch fresh basil leaves*  
*1 container red grape tomato*  
*1 container yellow grape tomato*  
*1 tbsp extra virgin olive oil*  
*2 tsp balsamic vinegar*  
*Store-bought crostini or 1 loaf of  
French baguette*  
*Salt and pepper to taste*

“This is an easy recipe for chefs of any skill level, and scales up or down easily for appetizers (or a vegetarian friendly meal).”

Rinse tomatoes well and halve desired amount, place into large mixing bowl.

Chiffonade generous amount of your basil leaves, add to halved tomatoes.

Finely mince desired amount of garlic and add to bowl.

Liberal coat your mixture with extra virgin olive oil, balsamic, salt and pepper, and toss to mix.

If you purchased French baguette, slice on the bias. I like it untoasted, but utilize a toaster oven to save energy if you must have crisp toast.

Spoon a liberal amount of mixture onto crostinis, serve and enjoy!



3-4 minutes  
in a toaster oven





# Chicken Curry

Hina A.  
Seattle

*4 large chicken breasts (frozen is preferred, but not necessary)*

*3/4 C yogurt*

*1 C olive oil*

*2 tbsp ginger paste*

*3 large serrano chilies (spicy)*

*5 tbsp lemon juice;*

*1 bag of Shan curry spice mix*

*1 pouch instant quinoa*

“I love the aroma that fills the house during cooking. I take the naan or pita bread and either microwave it or place it on the lid of the slow cooker to get it nice and warm.”

Place all ingredients into a crockpot in order listed above.

If chicken is frozen, set the crockpot on high for first 4 hours and low for next 2.5 hours. If the chicken is thawed, set the crockpot on low for 6 hours.

1/2 way through cooking time, stir the meat in the crockpot to make sure all ingredients are well mixed and cut the chicken into pieces with scissors. 3 minutes before it is done, put quinoa pouch in the microwave for 90 seconds and serve. Serve with naan (optional).



6 to 6.5 hours  
in a crockpot

# Mama's Meatloaf Sliders

Walker H.  
Seattle

“Using a grill is a great way to cut the heat that your oven and stove produce on hot summer days and is a way to get outside.”

Mix all ingredients together in a bowl until just combined. Split into individual patties and grill! Cooking time depends on the size of your sliders.

For topping: mix all ingredients together and set aside until ready to use.

Once the sliders are cooked to your liking, add the topping, place on slider buns (or Hawaiian sweet rolls in our family) and enjoy!

*1 lb lean ground beef*  
*1 lb ground pork*  
*1/2 C of quick oats*  
*1 tbsp milk*  
*1 egg*  
*1 tbsp mesquite seasoning*  
*1 tbsp Montreal steak seasoning*  
*1 tbsp dried onion flakes*

*Topping:*

*1 C ketchup*  
*1/2 C brown sugar*  
*4-6 tbsp of dried mustard*



30 minutes on  
an electric grill



# Fresh Summer Tomato Salsa

Seana B.  
Seattle

*3 lbs fresh tomatoes, sun-ripened,  
organic heirloom varieties*

*1 small jalapeño*

*1 whole Walla Walla sweet onion*

*12 cloves fresh garlic*

*1 small bunch cilantro*

*1/2 C fresh lime juice*

*1/2 C red wine vinegar*

*“I love cooking with NW grown fresh foods.”*

Dice tomatoes into small pieces, keeping juice and seeds with tomatoes.

Clean jalapeño, slicing in half lengthwise to remove seeds.

In a food processor, add all ingredients except for diced tomatoes (with their juice and seeds).

Finely chop in food processor.

In a bowl, mix chopped ingredients and tomatoes.

Refrigerate for 24 hours.

Enjoy with eggs, meat, chips or avocado.

It's very fresh and healthy!



A minute or two  
in a food processor



# Football Cream Cheese Dip

Darien G.  
Seattle

“It is fun making a dip that I love and now knowing it doesn’t cost me any money on my electric bill.”

Let cream cheese sit for an hour to get it to room temperature.

Mix cream cheese together with garlic and milk in a bowl.

If you like it spicy, add cayenne pepper or hot sauce/sriracha

Serve with chips, veggies or pita.

No cooking required!

- 2 boxes of cream cheese
- 3 cloves of fresh garlic, crushed
- 1/4 C whole milk
- 1 tsp of cayenne pepper or
- 1 tsp of hot sauce/sriracha
- (optional)
- Chips, veggies or pita for serving



# Cilantro Lime Chicken

Erika B.  
Seattle

“Something so easy to make can be so delicious!”

Place salsa, taco seasoning, lime juice, and cilantro into a slow cooker, and stir to combine.

Add the chicken breasts, and stir to coat with the salsa mixture.

Cover the cooker, set to high, and cook until the chicken is very tender, about 4 hours.

If desired, set cooker to low and cook 6 to 8 hours.

Shred chicken with 2 forks to serve in taco shells or buns.

Top as desired with more fresh salsa, sour cream, cheese, beans, etc.

- 16 oz salsa
- (I like fresh refrigerated salsa from
- the deli section, but your favorite
- jar salsa is great)
- 1 package taco seasoning mix
- (1.25 oz)
- 1 lime, juiced
- 3 tbsp fresh cilantro, chopped
- 3 lbs boneless, skinless
- chicken breasts, halved



4 to 8 hours  
in a crockpot

# Hawaiian Pork

Guerrero F.  
Seattle

*6 lbs pork shoulder*  
*1 tsp black Hawaiian salt*  
*1tsp hickory flavor*

“This will be the most delicious tender juicy pork you have ever had.”

Rub the hickory flavor and the black salt all over the pork and place it in the crockpot.

Cook on low for 12 hours.

You can add salsa, guacamole and beans and wrap in a tortilla or just place on a bed of lettuce.



12 hours  
in a crockpot

# Pork Carnitas

Anna B.  
Seattle

“This is perfect for Taco Tuesdays. The house will smell super fragrant. Can also use pork to add to rice bowls, or to top nachos, etc.”

In a large bowl, whisk together salt, pepper, oregano, and cumin.

Add the pork and coat evenly in the spices.

Heat the pressure cooker on sear/brown setting and add oil.

When oil is hot, add the pork in batches, and brown on all sides.

Add the rest of the ingredients to the pressure cooker and cook according to manufacturer's instructions, about 60 minutes, or until pork is tender.

When ready, shred the pork and use as a filling for tacos with your favorite accompaniments.



60 minutes  
in a pressure cooker

- 1 tbsp sea salt
- 1/2 tsp freshly ground black pepper
- 1 tbsp dried Mexican oregano
- 1 tbsp cumin seeds, toasted and ground
- 3 lbs boneless pork shoulder, trimmed and cut into 1 1/2-inch chunks
- 2 tbsp vegetable oil
- 1 yellow onion, chopped
- 8 garlic cloves, smashed
- 1 bay leaf
- 2 jalapeño chiles, sliced
- 1 tbsp chipotle paste
- 1 C fresh orange juice
- 2 tbsp fresh lime juice
- For serving
- Tortillas
- Taco toppings

# Kahlua Pork

Bryan A.  
Seattle

*3-4 lbs pork shoulder*  
*1/2 C water*  
*1/2 head cabbage, chopped*  
*1 tbsp liquid smoke*  
*2 tsp salt*

“I realized how often I use the stove/oven and didn’t know how much energy they consumed until now.”

Brown the meat on all sides on high.

Add water, cabbage, liquid smoke and salt.

Cook in pressure cooker for 90 minutes on high and allow for the natural release.



90 minutes  
in a pressure cooker



# Herb Roasted Pork

Donna K.  
Seattle

Brown the roast on all sides.

In the crockpot, mix up all the herbs/spices.

Place the roast in the slow cooker, and rotate the roast to cover each side with as much of the herb/spice mixture as you can.

Cook on low.

After about 3 hours, heat sauce ingredients in a small saucepan.

Pour onto the roast to coat.

Continue to cook, basting if needed, until the roast is done.

The amount of seasonings and the cooking time will depend on the size of your roast.



3 hours  
in a crockpot



*Pork roast*  
*1 tbsp sage*  
*1 tbsp onion powder*  
*1 tbsp Italian seasonings*  
*1 tbsp dried thyme*  
*1 tbsp dried rosemary*  
*1 tbsp dried paprika*  
*1/2 tbsp salt*  
*1/2 tbsp pepper.*

*For sauce:*  
*1/2 C of sugar*  
*1-2 tbsp corn starch*  
*1/4 C vinegar*  
*1/4 C water*  
*2 tbsp soy sauce*

# Stewin' in the Summer (Beef Stew)

Judith G.  
Seattle

*1/3 C flour*  
*2 tbsp onion powder*  
*1 tsp paprika*  
*1/2 tsp garlic powder*  
*1/2 tsp salt*  
*1/2 tsp pepper*  
*1-1 1/4 lbs beef stew meat*  
*(already cut in 1" pieces)*  
*2 C fingerling potatoes*  
*(smallest size, whole)*  
*2 C baby carrots*  
*1 C pearl onions*  
*1 C celery (cut in 1" pieces)*  
*2 C beef broth*  
*1 tsp Worcestershire sauce*  
*1 bay leaf*

**"The crockpot is great for summer cooking!  
It is a meal in one pot!"**

Place first six ingredients in gallon-size storage bag and shake well.

Add beef stew meat and shake until all pieces are coated.

Place in oil-sprayed 2-qt crockpot.

Layer potatoes, carrots, onions, and celery on top of meat.

Mix beef broth and Worcestershire sauce in small bowl.

Pour over all ingredients in crockpot.

Add bay leaf.

Cover and cook on low for 10–12 hours or on high for 5–6 hours.

Remove bay leaf and serve.



**5-12 hours  
in a crockpot**





# Vegan Taco Soup

Barbara S.  
Shoreline

*1 can crushed tomatoes*  
*4 C vegetarian broth*  
*1/2 can black beans*  
*3 tbsp chili powder*  
*2 tbsp cumin*  
*Pinch of dried oregano*  
*Pinch of paprika*  
*1 tsp of cayenne pepper*  
*1 can of Rotel diced tomatoes*  
*with green chilies*  
*Salt as needed*  
*1 C frozen corn*  
*1 packet of taco seasoning*  
*1 C brown lentils*

“Delicious! Interesting learning about the cost to use your oven versus your crockpot. This leaves the house smelling good for hours.”

Mix everything in a crockpot.

Cook on low for 4 hours.



4 hours  
in a crockpot

# Green Beans & Potatoes

Jenny Z.  
Seattle

“This is one of my favorite comfort foods. It’s so much faster in the Instant Pot® than on the stove!”

Turn Instant Pot® to sauté.

When it registers hot, add olive oil, onions, and pancetta.

Sauté until onions are beginning to turn golden and the pancetta is cooked.

Turn Instant Pot® off and add the potatoes and green beans.

Pour the chicken broth over the vegetables and close the lid.

Set the vent to “seal”, and set to manual for 10 minutes.

When the Instant Pot® signals that it is done, perform a quick release.

Add salt and pepper to taste and serve.

1 C diced onion  
1 tbsp olive oil  
1 package diced pancetta  
1 lb tiny potatoes  
1 lb green beans, trimmed  
1 C chicken broth  
Salt and pepper



25 minutes  
in an Instant Pot®

# Easy Slow Cooker Butter Chicken

Angie B.  
Seattle

*4lbs bone-in chicken thighs,  
(about 6) skins removed*  
*3 tbsp butter, melted*  
*3/4 C heavy cream*  
*1 10.5 oz can tomato sauce*  
*2 tbsp tomato paste*  
*1 tbsp fresh grated ginger*  
*1 tbsp minced Serrano pepper*  
*1/2 tsp garam masala*  
*1/2 tsp ground fenugreek*  
*1/2 tsp ground cumin*  
*1/2 tbsp red pepper flakes*  
*1 tsp salt*  
*2 tbsp sugar*

*For serving:*  
*Chopped fresh cilantro*  
*Cooked basmati rice*

“This is a quick prep slow cooker recipe that uses bone-in chicken thighs for maximum flavor. Serrano chili and chili flakes can be decreased for the heat sensitive ; ).”

Dry chicken with paper towels.

Salt and pepper chicken on both sides, nestle in crockpot.

Combine rest of ingredients in a bowl, pour on top of chicken.

Cook on low for 6 hours.

Serve with basmati rice, topped with cilantro.



6 hours  
in a crockpot

# Waffle Iron Toasty Cheese Sandwich

Angie B.  
Seattle

“A fun recipe!”

Butter bread.

Slice cheese and pear (or apple).

Assemble sandwich and grill on waffle iron for about 4 minutes until bread is toasted and cheese has melted.

• Sliced bread

• Butter

• Cheese

• Pear or apple



4 minutes  
in a waffle iron

# Chocolate Chip Cherry Crock Cake

Patrick T.  
Seattle

*1 box devil's food cake mix*

*1 C chocolate chips*

*3/4 C sour cream*

*2 eggs*

*1/2 C chopped pecans or walnuts*

*1 can cherries, or cherry pie filling*

“Trying this in the crockpot instead of the oven.  
The cake stays more moist in the crockpot!”

Mix all ingredients together and pour into crockpot.

Cook on high setting for 3.5 hours.

Insert knife into middle to test—if still gooey, cook for another 10-15 minutes.

Serve warm.



3.5 hours  
in a crockpot





# Summer Salad

Emily S.  
Seattle

*2 C arugula*  
*2 C romaine lettuce*  
*1 C orange cherry tomatoes*  
*1/4 C crumbled goat cheese*  
*1/4 C sliced almonds*  
*Balsamic glaze to taste*  
*Shredded chicken (optional)*

“Not having to use an appliance during the hot Seattle summer months with no AC is great. This is a quick, yet filling recipe.”

You can be flexible with the ingredients, but the cheese, almonds and balsamic glaze really tie it together.

First, rinse, dry and mix all vegetables.

Add the cheese and almonds.

Drizzle the balsamic glaze to finish.

If you are looking to add extra protein, shredded chicken made in a crock pot is a good addition.

Enjoy!



# Italian Sausage, Pepper and Onion Subs

Mary M.  
Shoreline

*“I use the crockpot often. It makes meats tender. It’s quick and easy to set up and cleanup.”*

Slice peppers and onions, fairly thick.

Quantities depend on the size of your crockpot, but I fill it to the top with the sausages, peppers and onions.

Stir all ingredients, and set crockpot on low for 6-8 hours.

Fill your sourdough rolls and enjoy

Some people like with juice, some don’t, but there will be plenty of lovely juice to top your subs with.

Enjoy. This is a family favorite!

*Sweet Italian sausages,  
enough to fill crockpot  
Several sweet peppers—red,  
orange and yellow  
2 large sweet onions  
Sourdough rolls*



6-8 hours  
in a crockpot

# 5-Ingredient White Chicken Chili

Adrienne B.  
Seattle

*6 C chicken broth*

*2 uncooked boneless skinless  
chicken breasts*

*2 15-oz cans great northern beans,  
drained*

*2 C store-bought salsa verde*

*2 tsp ground cumin*

*Optional toppings: diced avocado,  
chopped fresh cilantro, shredded  
cheese, chopped green onions,  
sour cream, crumbled tortilla chips*

“Simply add everything into the crockpot and let it do the work for you!”

Add chicken broth, chicken breasts, beans, salsa and cumin to a crockpot, and stir to combine.

Cook on low for 6-8 hours, or high for 3-4 hours until the chicken is cooked through and shreds easily with a fork.

Add the beans during the last half hour of cooking.

Shred the chicken.

Serve with toppings.



3-8 hours  
in a crockpot



★ ★ Happy Cookin'! ★ ★



SEA WOLF

[seawolfbakers.com](http://seawolfbakers.com)